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Thursday, March 7, 2013
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STOMPIN' HIS WAY TO GLORY

HIS SONGS ABOUT CANADA CHRONICLED EVERYTHING FROM BUD THE SPUD TO A SUDBURY SATURDAY NIGHT. STOMPIN' TOM CONNORS DIES AT 77 PAGE 4

It's one big purple party

Western students, faculty and alumni across the globe are donning the colour to celebrate the university's 135th anniversary PAGE 3

Media mavens go all indie

Got a thing for old-fashioned filmstrips and new-fashioned zines? Head on over to this weekend's Indie Media Fair PAGE 9

Blackhawks in Flyers territory

As Chicago inches closer to Philadelphia's points record, former Flyer Bobby Clarke says go for it PAGE 18

NEWS WORTH SHARING.

'Sincerely sorry': Sandy White

Foot in mouth. City councillor apologizes for blurting out offensive word at Tuesday meeting

JOHN MATISZ
john.matisz@metronews.ca

Reaction

"There will be a zero tolerance for disrespectful or inappropriate language or demeanour by any person at council and committee meetings. Should such behaviour occur, the offending party will be required to immediately apologize and retract the language or action."

Mayor Joe Fontana, in a joint statement with Michelle Edwards, chair of the London Diversity and Race Relations Advisory Committee, and city manager Art Zuidema

Sandy White crossed a line, and she knows it.

The Ward 14 councillor, during an emotional debate, used the N-word at Tuesday night's city council meeting.

White was full of remorse in a statement emailed to the media on Wednesday.

"I want to apologize to everyone I have offended, and all Londoners," it says. "I am sincerely sorry. I should not have said what I said under any circumstances, and I especially want to apologize to my fellow council members and those who were in attendance at the council meeting. There is no justification or excuse for my behaviour."

The inflammatory utterance happened during a discussion of White's resignation from the London Transit Commission. White stepped down over a Katy Perry ad on city buses that she felt was sexist. She said she used the N-word to explain how offensive she found the ad, which she likened to printing the word "n—r" on a bus.

Councillors immediately demanded a retraction. Others, with a day to digest the incident, say they can see where White was coming from.

"What she meant when she said the N-word was not in an offensive context," said Jorge Herrera of the London Cross Cultural Learner Centre. "She was trying to say things were different according to the advertisement. The point is that she was extremely emotional, and (the emotions) were pouring out."

Coun. Joe Swan said it was out of character for White to breach council's code of conduct. And while he doesn't want to "diminish the occurrence," he accepts her apology.

"We're all human," he said. "Obviously, she had time to think about it after the council meeting. ... I think we can move on."

Coun. Sandy White used the N-word in council on Tuesday to try to convey her repugnance of a risqué bus advertisement. She believes better due diligence by the transit commission will go a long way. "I hope ... that the LTC will look at its advertising policies that appear to be outdated," she said in an email. "It would be helpful to have a commitment of men and women to look at ads beforehand." CONTRIBUTED

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Private members bill

NDP wants to change rules on prorogation

Ontario's New Democrats want new rules on prorogation so no other premier can do what Dalton McGuinty did and shut down the legislature to avoid scandals plaguing the government.

Rookie NDPer Catherine Fife put forth a private member's bill on Wednesday proposing new rules to restrict premiers from using prorogation for political gain by requiring a majority of the legislature to pass a motion agreeing to the move. It would also require a firm date for the house to return. THE CANADIAN PRESS

Criminal investigation

Tories want OPP update on Ornge

OPP Commissioner Chris Lewis will be called to testify before a legislative committee examining the province's troubled air ambulance service, the Progressive Conservatives said on Wednesday.

Both the Tories and New Democrats say they want to know what's been going on since the OPP started their criminal investigation of Ornge a year ago.
THE CANADIAN PRESS

Lake Whittaker

Woman's body found on trail ID'd

OPP have concluded their investigation into Tuesday's death of a London woman near Dorchester. No foul play is suspected. Police have identified the victim as Mary Madden, 37. METRO

Show bets the farm for 75th year

London Farm Show attendee Michael Elston, 27, of London, left, chats with Paolo De Angelis of GPS Ontario at the Western Fair District's Agriplex on Wednesday afternoon. The annual agricultural gathering, which is celebrating 75 years in 2013, started on Wednesday and runs through Friday. Vendors and events are expected to use more than 260,000 square feet of show space. Tickets are $10 in advance, $12 at the door.
JOHN MATISZ/METRO

'A good opportunity to wear purple'

Founder's Day. Western U rings in 135 years with events taking place across the globe

JOHN MATISZ
john.matisz@metronews.ca

From Hong Kong to London, England, New York City to Vancouver — Western University's Founder's Day is boundless.

The historic institution turns 135 on Thursday, and celebratory events have been planned around the world to commemorate the March 7, 1878, signing of the UWO Act.

"It's not just looking back at where Western was 100 years ago or whatever — it's about looking at today and how successful our staff, faculty and students are today," said Natalie Devereux, alumni-engagement officer in Western's alumni-relations department.

Locally, a sold-out alumni Scotch tasting is being held in the evening, with smaller events scheduled on campus throughout the day.

Devereux notes that expressions of Western pride should not be exclusive to event attendees.

"Even if you, as an alumnus, can't make it to an event, it's a good opportunity to wear purple, post from Facebook to say they're celebrating," she said.

Along with wearing purple and joining the fun on social-media websites, Western alumni are encouraged to attend a sports game or participate in a campus event sometime on Thursday.

For more information, visit alumni.uwo.ca.

A brief history of Western University

- **March 7, 1878:** Bishop Isaac Hellmuth founds "The Western University of London, Ontario"
- **1881:** Classes commence
- **1883:** First students graduate
- **1908:** School becomes secular
- **1923:** School is renamed "University of Western Ontario"
- **1947-1968:** School expands greatly with the addition of six large faculties
- **2012:** School rebrands as "Western University"; lawful name remains "University of Western Ontario"

Violent home invasion. Police seek suspects

Police are looking for three male suspects in a home invasion and robbery on Saturday in West London.

At about 8 p.m., three men arrived at an address on Sherwood Forest Square. When one of the occupants opened the door, the suspects forced their way in.

One suspect had a handgun, and the occupants were assaulted and ordered to the basement. They received minor injuries but didn't need medical care. Some property was taken and the suspects fled.

Have info? Call police at 519-661-5670, Crime Stoppers at 1-800-222-TIPS, or visit londoncrimestoppers.com.

Police released descriptions of the suspects:

- Male, black, 19 to 25 years old, 5-foot-10 to 6-foot, clean-shaven, dark clothing;
- Male, black, 19 to 25, curly hair;
- Male, black, 19 to 25, 6-foot-3, shaved hair, dark clothing. JIM REYNO/METRO

Fanshawe College

Bursaries awarded

Fanshawe College presented $83,850 in grant money to 106 students in financial need on Wednesday. METRO

Internat'l Women's Day

CAW aids shelters

CAW will donate $6,000 to My Sister's Place, At Losha Native Family Healing Services, and the Strathroy Women's Shelter. METRO

Tanning beds. Grits plan bill barring use by youth

Ontario's governing Liberals are moving on their promise to bar people under the age of 18 from using tanning beds.

Matthews
CONTRIBUTED

A source is telling The Canadian Press that Health Minister Deb Matthews will table legislation on Thursday that would ban the sale of tanning services to youth.

Former premier Dalton McGuinty promised last September to introduce the ban to protect young people from skin cancer.

The New Democrats pushed for the ban in the last legislative session, which McGuinty said he would adopt with some changes. But it's unclear how closely the government will follow the NDP bill, which died when the legislature was prorogued in October.

NDP health critic France Gelinas says as long as her bill stays pretty much intact, she'd support any means of moving it forward faster. THE CANADIAN PRESS

True icon. Stompin' Tom leaves final message to fans just before his death

Canadian country-folk legend Stompin' Tom Connors, whose toe-tapping musical spirit and fierce patriotism established him as one of Canada's strongest cultural icons, has died. He was 77.

Connors passed away Wednesday from what a spokesperson described as "natural causes."

Brian Edwards said the musician, rarely seen without his signature black cowboy hat and stomping cowboy boots, knew his health was declining and had penned a message for his fans a few days before his death.

In the message posted on his website, Connors says Canada kept him "inspired with it's beauty, character, and spirit, driving me to keep marching on and devoted to sing about its people and places that make Canada the greatest country in the world."

Connors is survived by his wife Lena, two sons, two daughters and several grandchildren.

Dubbed Stompin' Tom for his propensity to pound the floor with his foot during performances, Connors garnered a devoted following with his country-folk tunes. THE CANADIAN PRESS

Stompin' Tom Connors died Wednesday. DARREN CALABRESE/THE CANADIAN PRESS FILE

Teacher charged

Packed van was speeding: Police

A Toronto teacher is facing charges after allegedly speeding down Highway 401 in a van with 12 students inside.

The van was pulled over near Merlin Town Line, police say.

Police say the van was travelling 146 km/h in a 100 km/h zone.

The driver, a 44-year-old teacher from Father Henry Carr Secondary School, was not licensed to be operating the van, police allege.

Paul Melnik has been charged with driving with an improper licence and speeding. LUKE SIMCOE/METRO ONLINE

Why? 'Nice' couple's killing baffles police

'Senseless' deaths in Florida. Multiple suspects hunted in murder of Canadians enjoying their retirement together

Murder victims: Rochelle Wise and David Pichosky had no enemies, Florida police say. COURTESY SUN SENTINEL

More grim details emerged Wednesday about the "senseless" homicide of a "nice" Canadian couple in Florida that has left police mystified.

Rochelle Wise, 66, and David Pichosky, 71, were killed by asphyxiation in their winter home in Hallandale Beach, police say.

But why?

They had no enemies and likely didn't know their killers, police say.

Investigators believe they are looking for multiple suspects, but haven't been able to figure out any motive.

"As the details come out I believe the public will be shocked just to know how senseless this murder was," said police Chief Dwayne Flournoy.

"It angers me that someone came into this home and killed these two people who, (from) what we've been able to identify, they have no enemies.

"They were nice people. They were enjoying their retirement. They were enjoying their new marriage."

Family and friends are appealing for people to come forward with information.

Crime Stoppers USA is offering a $51,000 reward — most of it coming from an anonymous donor.

Police have received fewer than 100 tips and though the force is dedicating all the resources it can to the case, they still need more information, said Flournoy — who appealed directly to people who may be involved but are "less culpable." "We just need that one break or that one piece to the puzzle so that we can fill it all in," Flournoy said.

Wise's son Jamie said she had "worked hard her whole life and finally found love and was just starting to taste some of the benefits of hard work.

"She'll be missed on a level you can't imagine by people she knew, by her family, by her friends, by her community. It's unimaginable."

Pearl Gladman, a friend of the couple, pleaded for anyone with information to call police.

"I miss her terribly. When the phone rings and it's a long-distance ring I still think it's her calling me from Florida just to chat," Gladman said.

"Whatever anybody knows, just think if it was your family or if it was someone that you loved.

"Just help us get an end to this." THE CANADIAN PRESS

Two lives snuffed out

Rochelle Wise and David Pichosky were married only about four years ago, reports say. Details about their life have emerged from family, friends and police.

- **Their togetherness.** They were always together, going to shows, going out to eat, going to the temple and taking their family to the ice cream parlour when they visited Florida.
- **Their enduring love.** They were doting grandparents to their blended family and loved their life together.

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Facebook redesign appeals to advertisers

Adbook? News feed will also include content-specific options

Facebook is expected to unveil a fresh design of its news feed Thursday, with changes said to include multiple content-specific feeds and larger advertisements.

The news feed has not significantly changed since 2006, and the long-awaited update is expected to make the social networking site more attractive to advertisers.

"It's a direct shot across the bow at Google," said IDC analyst Kevin Restivo. "Those two companies are mortal enemies and this just brings them into greater competition against each other. The battleground is the advertising field."

At a news conference, Facebook promised to introduce a "new look for news feed."

In its current form, the news feed is a chronological stream of updates from friends, celebrities and companies that users follow, with few options to organize the content.

Facebook has been tight-lipped about its plans, but technology news site TechCrunch reported the company will offer new ways to filter your news feed, allowing users to switch between different categories.

For example, one could click on a photos feed to see friends' Facebook and Instagram snapshots, or a redesigned music feed to see what they're listening to. A media feed, with the latest updates from news websites, could also be an option. **TORSTAR NEWS SERVICE**

Facebook will be offering content-specific feeds and larger ads. GETTY IMAGES FILE

Red Chamber. Senator facing heat for expense claims, relationship

Media reports say Sen. Pierre-Hugues Boisvenu is in a romantic relationship with his aide, Isabelle Lapointe. FACEBOOK

A Quebec senator is in the spotlight over reports he is in a romantic relationship with an employee on Parliament Hill.

Conservative Sen. Pierre-Hugues Boisvenu, 64, is the latest member of the red chamber to come under scrutiny as part of the ongoing controversy surrounding expense claims.

Montreal-based newspaper La Presse reported this weekend that Boisvenu claimed more than $20,000 in living expenses for his time spent in the Ottawa area, while claiming his primary residence is in Sherbrooke, Que.

Meanwhile, the newspaper reported Boisvenu is involved romantically with his aide, Isabelle Lapointe, a former criminal analyst who he hired to be his executive assistant, also in charge of communications.

The relationship appears to go against rules governing the hiring of employees at the Senate of Canada, as far as they were explained to other media, but communications staff refused to state those rules when Torstar News Service asked about them Tuesday.

Neither Lapointe nor Boisvenu responded to interview requests Tuesday.

Boisvenu told La Presse his personal life has nothing to do with anyone but him.

Boisvenu also explained the allowance by saying that it is his legal permanent address until his divorce is finalized.

A Senate standing committee appeared to conclude his expense claims were legitimate. **TORSTAR NEWS SERVICE**

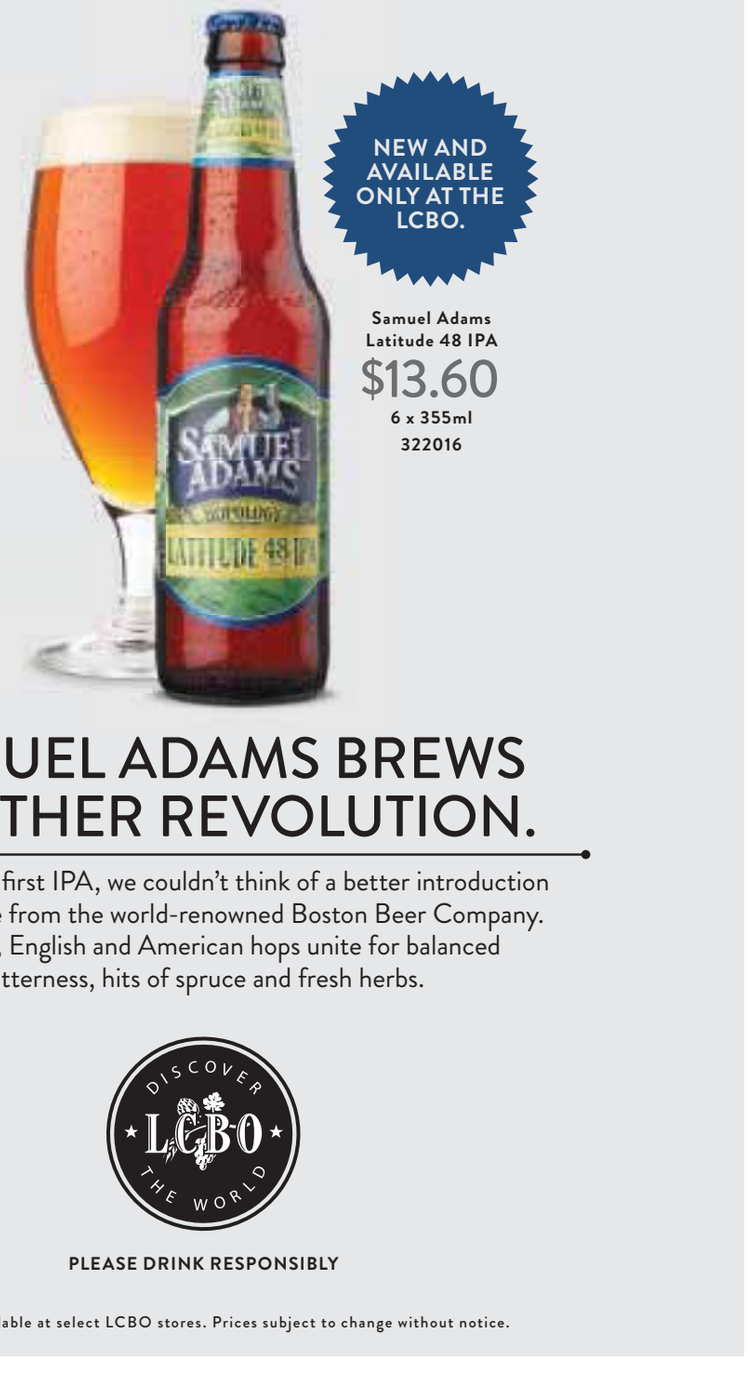
Quebec

Morgue worker fired for collecting pics of deceased

Quebec's coroner's office has confirmed the firing of an employee in the wake of a news report that a morgue worker collected pictures of dead women and children.

The chief coroner said Wednesday the employee was dismissed last year, months after officials received a tip from a colleague and investigated.

Chief coroner Louise Nolet would not comment on a news report that the employee created a library of photos, gathered since 1995, and would look at them when his colleagues left the room. Quebec's TVA network said the employee worked at the Quebec City morgue. **THE CANADIAN PRESS**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‘The fight goes on! Chavez lives!’

Venezuela. Tens of thousands line the streets of Caracas, mourning the death of their influential socialist leader

A supporter of Venezuela’s late president Hugo Chavez holds a picture of him above a crowd waiting for Chavez’s coffin to be taken from the hospital, where he died on Tuesday, to a military academy where it will remain until his funeral in Caracas.

RICARDO MAZALAN/THE ASSOCIATED PRESS

A flag-draped coffin carrying the body of the late Venezuelan president Hugo Chavez floated over a sea of supporters on Wednesday on its way to a military academy where it will lie in state. Away from the procession route, jittery Venezuelans facing an uncertain future without their larger-than-life leader flocked to supermarkets and gas stations to stock up on supplies, preparing for the worst a day after Chavez succumbed to cancer.

Tens of thousands lined the streets or walked with the casket in the capital, many weeping as the body approached, led by a grim drum major. Other mourners pumped their fists and held aloft images of the late president, amid countless waving yellow, blue and red Venezuelan flags.

“The fight goes on! Chavez lives!” the mourners shouted in unison, many through eyes red from crying late into the night.

Chavez’s bereaved mother, Elena Frias de Chavez, leaned against her son’s casket, while a priest read a prayer before the procession left the military hospital where Chavez died at the age of 58. Vice-President Nicolas Maduro, Chavez’s anointed successor, walked with the crowd, along with Cabinet members and uniformed soldiers.

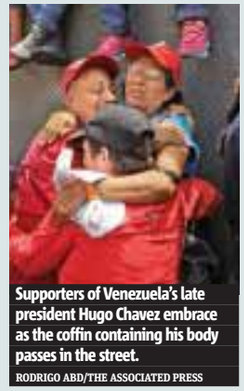
“I feel so much pain. So much pain,” said Yamile Gil, a 38-year-old housewife. “We never wanted to see our president like this. We will always love him.”

The former paratrooper will remain at the military academy until his Friday funeral, which promises to draw leaders from all over the world. Already, the presidents of Argentina, Uruguay and Bolivia have arrived to mourn a man whose death leaves an enormous void in the region’s anti-American left.

THE ASSOCIATED PRESS

Chavez’s legacy

World leaders react



Supporters of Venezuela’s late president Hugo Chavez embrace as the coffin containing his body passes in the street.

RODRIGO ABD/THE ASSOCIATED PRESS

Some cried, some cheered. Many Latin Americans mourned the death of Venezuelan president Hugo Chavez, leaders in Europe and Asia sent condolences and Iran’s president predicted great works in the afterlife.

U.S. President Barack Obama, meanwhile, focused on “a new chapter” for Venezuela, following 14 years in which Chavez cast himself as a bulwark against U.S. domination.

Chavez was seen as a hero by some for his socialist programs, his anti-U.S. rhetoric and gifts of cut-rate oil. Others considered him a bully who repressed his opponents.

A teary-eyed Bolivian President Evo Morales, one of Chavez’s closest allies and most loyal disciples, declared that “Chavez is more alive than ever.” Officials in Cuba, Iran and Russia had effusive praise for the late leader.

President Mahmoud Ahmadinejad of Iran announced a day of mourning and compared Chavez to a saint, saying he will “return on resurrection day.”

THE ASSOCIATED PRESS

A funny thing happens when you tell kids they matter. They believe you.

An alarming 40,000 kids drop out of high school every year. Boys and Girls Clubs of Canada are committed to changing that. They provide a safe and supportive place where kids can develop confidence and life skills. They offer programs like *Rogers Raising the Grade*™ to help kids with their studies. The Club is a place where kids can drop in, so they’re less likely to drop out.

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Goodbye, swirly B: Bay gets rebranded

Modern makeover. Retailer will now be called Hudson's Bay and use updated logo

The Bay is going back to its roots under a plan to rebrand its operations with a different name and new logo. The department store retailer says it will now be called Hudson's Bay, a nod to its parent company.

A refreshed logo uses the company's name in a simple type face. The full version resurrects its corporate coat of arms, which features a shield and cross, as well as beavers, a fox and two elk.

A spokeswoman for the company says the rest of the rebranding effort will roll out over time. The new logo already has been incorporated into the company's loyalty program, which will now be called Hudson's Bay Rewards.

The retailer called the reworking of its brand "a marriage between yesterday's history and tomorrow's vision."

Plans are to gradually take down The Bay signs at its retail locations, though it doesn't have a timeline for the changes. The parent company will maintain its logo of a flag with the letters "HBC" — for Hudson's Bay Company.

Hudson's Bay says this is its first major logo change since 1965. THE CANADIAN PRESS

Top, the groovy, decades-old Bay logo recognizable to all Canadians is being replaced by the more modern and streamlined version shown underneath. The retailer will now be known as Hudson's Bay instead of The Bay. HBC

Shell shock. Taco Bell fans hot over Cool Ranch delay

Some Taco Bell fans in the U.S. are angry after they couldn't get their hands on the chain's new tacos made with Cool Ranch Doritos shells a day early.

The fast-food chain had announced this week that it would release its highly anticipated Cool Ranch Doritos Locos Tacos in the U.S. on Wednesday, a day earlier than planned.

But then some fans began posting on the chain's Facebook page complaining their local restaurants didn't have them yet. They said they were told by local employees that the tacos wouldn't be available until Thursday.

"VERY disappointed!" one fan wrote. "Boo to you," wrote another. One fan posted a letter to the chain online, detailing how he and a friend made a trip to their local Taco Bell after midnight Wednesday to get their first taste of the new tacos. He said they ended up getting the regular Doritos Locos Tacos because they were "basically committed anyway."

Taco Bell apologized in a statement and said it was humbled by the overwhelming response.

The chain said it wanted to assure fans that Cool Ranch Doritos Locos Tacos will be available nationwide Thursday. It also said it was working to have all participating restaurants honour the early release for the remainder of Wednesday. THE ASSOCIATED PRESS

Market Minute

DOLLAR 96.95¢ (-0.33¢)

Natural gas: $3.48 (-5¢)
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WHOOPS! I'M ONLY SORT OF SORRY

HE SAYS

John Mazerolle
metronews.ca

I'm sorry I've never said sorry.

'Sorry' has always seemed to be the hardest word, but in 2013 I've seen the error in my thinking. Between bracelet aficionado Lance Armstrong, football coach Rob Ford, and anti-shirt activist Justin Bieber, I see now that 'sorry' is the quickest, easiest path to redemption.

Whether you say 'sorry' on Twitter, to Oprah or at a staged media event, you can take your dirty laundry and stuff it in the hamper of history, even if it never actually comes clean.

You'll notice I never said that these men apologized. I only noted that they said the word 'sorry.' There's a difference.

As I understand it, perhaps naively, an apology involves admitting you were wrong, offering no excuses, and owning your mistake.

Cyclist Armstrong appeared with Oprah and said 'sorry' for using performance-enhancing drugs but also said he never considered it cheating. Oprah, a.k.a. Pope No. 3, still offered absolution and said Armstrong could be "a hero again."

Toronto Mayor Rob Ford, when it looked like he might lose his job, said he was sorry "to everyone who believes I should have done this differently." That's sincere in its half-heartedness, at least, though it's hard to fit on a Hallmark card.

And singer Bieber had to apologize for taking the stage at a London concert at 10:30 p.m., which is past his fan base's bedtime. It's a minor transgression to be sure, but the fact he tweeted that "there is no excuse for that" while blaming "technical issues" in the same bird-breath has me assuming he's begun the inevitable downward spiral of a teenage pop star and in eight years will look just like Keith Richards.

Seeing that I can say 'sorry' for my misdeeds without the pain of any emotional heavy-lifting has inspired me to step up. I'm going to follow the example set by these three wise men, and soon I'll be sorry, too.

Here goes.

I'd like to say 'sorry' to my mother for stealing her Chatelaines and Redbooks when I was 11 years old so that I might peruse them for lingerie ads and illustrated guides to breastfeeding. I'd also like to say 'sorry' to the teenage boys who found my magazine stash in the woods and, after an initial flush of excitement, loomed gravely over the pages, looking sad and whispering aloud, "Why would anyone DO this?"

With your permission, ladies and gents, I'd like to be a hero again.

Furthermore, I'd like to say 'sorry' for the times that I have dropped a half-full cup of coffee into a mall garbage can because I'd been too lazy to find a sink. I apologize sincerely to anyone who thinks I possibly could have done this differently, though I frankly don't see how.

I also apologize for when I do it in the future.

Finally, I'm sorry that I have coveted my neighbour's ox. Like, a lot. There's no excuse for that, but I've had some technical difficulties.

Phew! Wow, that really works. I feel better!

Maybe you need to say sorry, too? Perhaps you have a hard time apologizing?

Well, I challenge you to step forward and see how it feels to sort-of, kind-of, in-a-way apologize. After all, you're better safe than sorry.

No wait.

ZOOM

Look, ma: I'm upside down

Canopy reflects wharf's heritage

The crowds appear to walk upside down but on closer inspection this surreal sight is of a giant mirrored canopy.

Recently unveiled in Marseille, France, the Vieux Port pavilion —constructed by architectural firm Foster + Partners — is made of a highly polished stainless steel covering, designed to reflect the city's UNESCO World Heritage-listed harbour.

"At last in Marseille, when you are with your children, you can take in the city's hustle and bustle — without the shopping," Gaëlle, a Marseillaise who came with her two daughters, told the newspaper Le Monde.

The cost of the project, which took one year to construct, amounted to $60.3 million, sources say.

METRO WORLD NEWS

Mirror image

"It's quite literally a reflection of its surroundings — its lightweight steel structure is a minimal intervention and appears as a simple silver line on the horizon."

Spencer de Grey, head of design, Foster + Partners

See for yourself

"Our approach has been to work with the climate, to create shade, but at the same time to respect the space of the harbour — just making it better."

Lord Norman Foster, British architect and head of architectural firm Foster + Partners

Clickbait

Reddit is the reigning champ of the Internet's thriving time-sink industry, providing daily bumper crops of cat pics and Good Guy Greg memes. This week, there's the irresistible Absurd Business Insider Headline Hall of Fame.

1. Nudity, Drunken Stupidity And A 'Jerk-Of-A 'Friend' May Cost A Startup Founder His Acquisition
2. A Guy With A Pirate Fetish is Selling His Insane Caribbean Mansion For $35M
3. You Are Directly Related To This Rat
4. Horses Cure Internet Porn Addiction In South Korea
5. Science Explains Why It Hurts So Much To Get Hit In The Balls

Letters

RE: Thanks for the Mammaries, published March 5

I wanted to thank you for publishing Thanks for the Mammaries.

I think it's really important that the issues raised by Jessica Napier be widely read and I can't think of a better place than a free, widely available and distributed community newspaper like Metro. I hope Jessica's frank and direct writing allows others to see how insane and damaging it is to focus so much attention on mere body parts.

Jesse Kelly, London, Ont.

Correction

Fay Rath has woven an estimated 400 sleeping mats to date, and now collaborates with the Grand Bend Rotary Club Global Literacy Committee to ship these mats to Durban, South Africa. Incorrect information appeared in the March 4 edition of Metro.

WE WANT TO HEAR FROM YOU:
Send us your comments: londonletters@metronews.ca

metro

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Indie artists showcase their talents at local fair

Indie Media Fair.
Event brings together craftspeople, record labels and publishers

BACKSTAGE PASS
Mila Petkovic
london@metronews.ca

The Indie Media Fair will showcase some of the city's most talented artists this Saturday. ROB COUSINS/FOR METRO

You may have seen him around town, at a local concert or festival, or bent down over an old projector, the sound of flickering filmstrips playing in his ears as projections dance on the wall.

Film aficionado Sebastian Di Trolio from the London Ontario Media Arts Association will be at the eighth annual Indie Media Fair on Saturday for the "make your own analogue filmstrip" workshop.

The casual walk-in workshop will show people of all ages different techniques for making animations, using repeating loops of 16-mm film. Participants can create unique and vibrant imagery by simply drawing on or scratching into film stock.

"It really is a unique experience when you witness something that was created on film and projected on film, rather than a digitized transfer," said Di Trolio, who often projects experimental films and animations as a visual accompaniment for improvisational musicians.

The day-long film workshop is just one of many activities taking place on Saturday. The fair features 30 vendors, ranging from independent publishers, artist-run centres, craftspeople, artists and local record companies, such as the up-and-coming DIY label Out of Sound Records.

Partners in zine-making Sarah Scope and Peter Thompson will have a table at the fair. (A zine is a small art booklet, generally photocopied.)

"We've been drawing collaboratively for a while now," said Thompson. "Passing a sketchbook back and forth, drawing while watching movies or TV shows, or out at a coffee place."

The duo will also be showing original drawings, and Scope will have crocheted hats and bags on display.

Artist sisters Paterson and Julia Hodgeson will be selling handmade arts and crafts, prints of concert posters, and silk-screened patches and postcards.

"The Indie Media Fair is important because there aren't a lot of opportunities for artists in London to showcase their work," said Paterson. "Especially if you make independent media or anything that might not be considered 'fine art' and wouldn't be shown in a professional gallery."

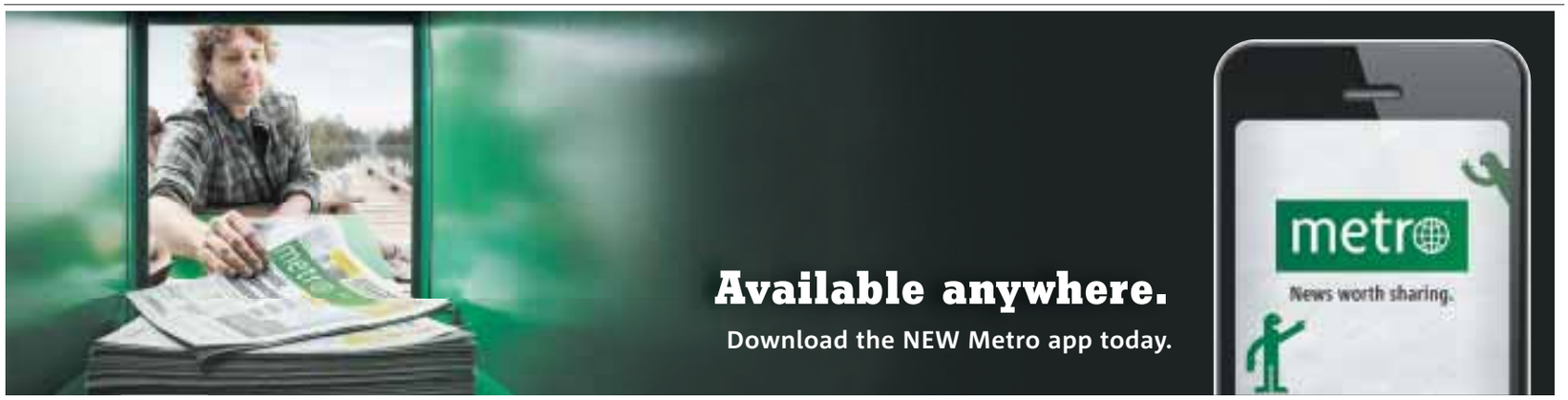
The fair aims to bring indie media artists together not only to showcase their art, but also to encourage a collaborative community and provide education on how they can better promote themselves.

SEO and social media marketing expert Aaron Brown will be giving a session on how to use Facebook ads for fun and profit at 12:30 p.m., and a panel discussion on hyper-local indie media opportunities and barriers will take place from 1 to 3 p.m.

The fair runs from 11 a.m. to 4 p.m. at the Central Library, and admission is free.

Around town

- **Video.** Seven 16-mm films from The Double Negative Collective (a Montreal group of experimental film, video and installation artists) will be screened on March 13 at 8 p.m. in University College room 84 at Western University. Admission is free.
- **Play.** The premier of Colleening — The Poetry and Letters of Colleen Thibaudeau, created and directed by Adam Corrigan Holowitz, runs from March 6 to 9 at 8 p.m. and March 9 at 2 p.m. at The Arts Project (203 Dundas St.). Tickets are $15.



Rick Roberts and Sook-Yin Lee play Jack Layton and Olivia Chow in the CBC-TV movie about the late NDP leader's life that traces his career from Toronto municipal politics to his eventual leadership of Canada's official Opposition party. HANDOUT

They know Jack — actors grilled Chow on late husband

Piecing together a life. Stars of CBC-TV movie relied on details from his wife to colour their performances

Olivia Chow says she was determined to ensure that the upcoming CBC-TV movie about late New Democratic Party leader Jack Layton offered a complete picture of her husband.

That meant succumbing to intense "grilling" by stars Rick Roberts, who plays Layton, and Sook-Yin Lee, who plays Chow — as well as executive producer Laszlo Barna, a giant in the field whose past projects have profiled Celine Dion, Shania Twain and Romeo Dallaire.

Still, there was one thing Layton's widow refused to reveal — the cancer that killed him. Chow has never identified what exactly led to Layton's death in August 2011, and although Barna pressed her to reveal it now, she refused.

"Cancer is vicious and we decided — I decided and Jack decided — not to talk about the one that actually killed him," Chow said in a recent interview to promote the film. "We talked about prostate cancer but prostate cancer is infinitely curable. And a lot of men have prostate cancer. We don't want to inflict despair into people that have a serious cancer disease that can take you in a few weeks."

The film Jack kicks off in early 2011, about a year after Layton revealed he was diagnosed with prostate cancer.

Boasting that his health has rebounded, he embarks on a federal election campaign to lead the New Democrats to unprecedented wins, achieving official Opposition party status for the first time in the party's 50-year history in May 2011. He died just months later at age 61.

Through flashbacks, the film traces Layton's rocky journey from Toronto municipal politics to the national stage, as well as his love affair with Chow.

"The harder part for me was piecing together (Olivia Chow's) personality," said Lee, host of CBC Radio's weekly show Definitely Not the Opera.

"She's a woman of few words — very few words — and even with this litany of questions that we assailed her with she would answer in a very brief (way). And I kept sending more and more questions to her and they were equally as brief. So I just had to sort of lean on my investigative ability as a journalist."

THE CANADIAN PRESS

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Saturday March 9, 2013
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• Tour the campus.
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KING'S
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James Franco thinks it would be awesome if a high-profile Hollywood actor would just come out of the closet already. ALL PHOTOS GETTY IMAGES

Gay rumours partly me: Franco

James Franco is willing to admit he's at least partially responsible for any speculation about whether he's gay or straight. "One of the things that's very much part of my public image is the question of my sexuality," he tells Attitude magazine. "It's not something that bothers me in the slightest. ... It's partly my doing and partly not my doing." But what he's really interested in is a high-profile actor coming out of the closet. "If there's somebody that was well-respected and very secure with their career, I could see it happening in a very positive way."

Which circle of hell will Tina Fey end up in for her Golden Globes jab, Taylor Swift wonders.

Taylor Swift can't take a joke

Taylor Swift is making some powerful enemies. She responded to Amy Poehler and Tina Fey's joke at her expense at January's Golden Globes ceremony. "You know, Katie Couric is one of my favourite people," Swift tells Vanity Fair. "She said to me she had heard a quote that she loved that said, 'There's a special place in hell for women who don't help other women.'" While Fey expressed surprise at Swift's annoyance, Poehler has a response of her own: "Aw, I feel bad if she was upset," Poehler tells the Hollywood Reporter. "I am a feminist and she is a young and talented girl. That being said, I do agree I am going to hell. But for other reasons. Mostly boring tax stuff."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Jones was wasted when she made out with Miley's fiancé: Source

THE WORD
Dorothy Robinson
scene@metronews.ca

Rumours have been swirling around Miley Cyrus' fiancé Liam Hemsworth and Mad Men star January Jones getting "hot and heavy" at a pre-Oscar party at the Chateau Marmont in February and now Life & Style has additional dirt on the illicit hook-up.

"They went to a private house party, and right in the middle of the party, January was clinging to Liam, saying, 'You're so handsome,'" a guest reveals in the new issue of Life & Style. "He kept saying, 'We can't do this here.' Then they left holding hands and went out in the hallway and were making out. She was wasted. It wasn't good."

For their part, the magazine has pictures of the two stars riding in a car together on the night in question. "When it comes to men, January just goes for it," another source tells the magazine. "She doesn't seem to care if they're with someone or not. It's like a challenge for her, a game."

As challenges go, drunkenly making out with Liam Hemsworth seems like an easy one. What about climbing Mount Kilimanjaro? Or staying off of Facebook for an entire week? Those are actual challenges, January.

Bizarre accusations: One of Gaga's fans claims Madonna encouraged gay men to have unprotected sex during the height of the AIDS crisis.

Little monster alleges Madonna helped spread AIDS

Lady Gaga's fans are continuing the singer's feud with Madonna whether she wants them to or not, this time even accusing the Material Girl singer of helping the spread of AIDS. In a post on the Gaga fan blog Little Monster Artpop, a Gaga fan criticizes the Gay and Lesbian Alliance Against Defamation (GLAAD) for picking Madonna to present an award to Anderson Cooper at their awards ceremony next week. "Back in the 1980s, she encouraged gay men to have unprotected sex," read the post, which was removed shortly after garnering media attention. "While she certainly didn't start the disease, she and her lack of morals helped it spread." The post's author vowed to "strike back" in an unspecified manner if GLAAD did not choose another presenter.

Twitter

@justinbieber
Lovin London. #goodtimes

@solangeknowles
My son will be up wanting breakfast in 2 hours. What am I doing with myself?

@EmWatson
Look.I just want to know exactly what the next ten years of my life is going to look like ok? And to have it organised on a colour coordinated calendar. Is that really too much to ask?

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SHOPPERS DRUG MART

Landing smoothly and stylishly on the runway

Run Tilda, run.
Model Tilda Lindstam reveals her beauty tricks for fighting sugar cravings, skin breakouts and bloat

RICHARD PECKETT
life@metronews.ca

It's fashion month and the going is tough for the world's most sought-after models. How do you keep yourself feeling healthy and looking hot during this exciting but exhausting time?

"I drink a lot of green juices. I like anything with spinach, kale, celery, ginger and lemon. I can't handle too much dairy during the shows because I'm lactose intolerant. It makes me feel bloated and it's bad for my skin.

"I love Lindt Sea Salt chocolate, but I had to give it up. Sweet food gives me a massive sugar rush, which is inevitably followed by a crash.

"So during the shows, I'll snack on macadamia or brazil nuts and green apples if I need an energy boost."

1 run = 1 cheeseburger

"I do so much walking during casting season that I don't have time to workout. If I have time I go for a run, but that doesn't happen very often — maybe once every two months. And then I indulge in a cheeseburger."

Staying clear of rashes and breakouts

In 2012, this Swedish beauty walked more spring runways than any other model – 68 in total. HANDOUT

"I clean my face after every single show. I bring my own Chanel eye makeup remover because I'm sensitive to the MAC one that they use backstage.

It gives me rashes and a red face! And there's not much you can do about a blemish but cover it up with concealer and drink as much water as possible to clear your skin out."

NYC to London to Milan to Paris

"I get really puffy when I fly. But drinking coconut water and taking vitamin C seems to help. I also use a cooling eye mask the morning of a show if my face is still a bit swollen."

Tilda's top 5 fashion week essentials

Rosebud Perfume Co. Smith's Rosebud Salve

"I love this!"
sephora.com

MAC Studio Finish SPF 35 Concealer

"I don't really wear makeup. This is basically all I use."
maccosmetics.com

Dermalogica: clearing skin wash and active moist moisturizer

"I have very sensitive skin and Dermalogica works really well for me."
dermalogica.com

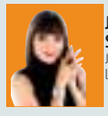
YSL Rouge Pur Couture the Mats in Rouge Rock

"If I'm going out, I keep my makeup simple. I don't wear any eyeshadow, just a dark red YSL lipstick."
yslbeautyus.com

Chanel: Démaquillant Yeux Intense, gentle bi-phase eye makeup remover

"I take my makeup off after each show."
chanel.com

Twitter



JEANNE SPACE
Jeanne Beker
life@metronews.ca

IN THIS HECTIC MODERN WORLD, TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.

@Jeanne_Beker: What's the best way to psych yourself to get back into the work mode? My vacation's coming to an end. :(

@PiperGilles: finding a new project to work on :)

@maryjanestitt: Only @Jeanne_Beker can look so elegant as she tweets aboard a catamaran hurtling through space!

@Jeanne_Beker: From where I LIE... Cruising the Pacific on a Sunday afternoon!

@Jeanne_Beker: Living the good life, in Costa Rica!

The Kit

Canadian street style

Spotted in: Toronto

Madison

Actress

Age: 24

What she's wearing
Vintage hat, Karen Walker sunglasses, Armani vintage jacket, vintage shirt, Roots sweater, Alexander Wang bag, Wilfred pants and Miista shoes.

THE KIT PHOTOBLOGGER: KAYLA ROCCA, KAYLAROCCAPHOTOGRAPHY.COM

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT – AN E-NEWSLETTER PROGRAM – AND A WEEKLY NEWSPAPER SECTION TOO!

Cook live with Vikram Vij

Last-minute grocery list

Winning chef in Vancouver and Metro want to help you find time for family meals. Our mission starts in the form of Canada's first live online cooking show to air today at 6 p.m. ET at metronews.ca/vij-cooklive.

If you still haven't downloaded the grocery list, we've got you covered.

Vij Family's Chicken Curry

- 1/2 cup canola oil
- 2 cups finely chopped onions (2 large)
- 3-inch stick of cinnamon
- 3 tbsp finely chopped garlic
- 2 tbsp chopped ginger
- 2 cups chopped tomatoes (2 large)
- 1 tbsp salt
- 1/2 tsp ground black pepper
- 1 tsp turmeric
- 1 tbsp ground cumin
- 1 tbsp ground coriander
- 1 tbsp garam masala
- 1/2 tsp ground cayenne pepper
- 3 lbs chicken thighs, bone in
- 1 cup sour cream, stirred
- 2 cups water
- 1/2 cup chopped cilantro (including stems)

Cumin Basmati Rice

- 2 cups basmati rice
- 3 cups cold water for soaking
- 1/4 cup canola oil
- 1 tbsp cumin seeds
- 1 cup finely chopped onions (1 medium-large)
- 3 3/4 cups water for cooking

- **Have a question?** They can be tweeted live during the show using the hashtag #vijcooklive.
- **Online.** Remember to visit metronews.ca/vij-cooklive today at 6 p.m. ET for Canada's first live online cooking show.

Cookbook of the Week

An English tradition

Inspired by the fine cuisine served at the fictional Downton Abbey and other grand English country houses at the turn of the 20th century, this book combines food, history and healthy eating.

Included are 220 recipes and colour photos that provide suggestions for entertaining at brunch, afternoon tea, cocktails and dinner. In addition, there is a selection of recipes to host a traditional garden party, and to celebrate English holidays throughout the year. METRO

Steady diet of Downton Abbey

Cookbook cooking.
Latest season of the show recently wrapped so to hold you over, try this inspired recipe

A roast chicken can be elegant to serve. This is a great recipe for beginners as it uses lemons to help keep the chicken moist and flavourful, Pamela Foster writes in her book Abbey Cooks Entertain.

Try not to knock it on the floor as Mrs. Patmore famously did in Season 1 of Downton Abbey, but if you do, just dust it off and carry on.

1. Clean and prepare root veg. Roughly chop into large chunks. Place in a roasting pan with a grill rack. Pour a little olive oil over vegetables, add garlic and toss in fresh herbs.

2. Remove any giblets from chicken cavity and wipe down chicken with paper towels. Rub with oil, salt and pepper. You can also rub it with other dried herbs (rosemary, thyme, herbes de Provence).

Roasted Chicken

This recipe serves three. THE CANADIAN PRESS H/O

3. Gently separate breast skin from meat on each side with your finger. Insert lemon slices and fresh herbs which will help flavour the bird. Lemon does a great job of moisturizing the chicken from the inside out. Depending on the size of the chicken, either cut the second lemon in half, or prick lemon all over and stuff it into the cavity. Tuck wings under the back, but there's no need to truss it (tie the legs together). Place, uncovered, in a 190 C (375 F) oven.

4. As a general rule, calculate a cooking time of 20 minutes per 500 g (1 lb) of meat. The temperature of the chicken needs to reach 74 to 77 C (165 to 170 F) when a meat thermometer is placed in the thickest part of the meat, avoiding any bones. If you don't have a thermometer, the juices should run clear when you poke into the thigh.

5. When chicken is cooked, let it rest for 20 minutes to let juices settle into meat. If you cut it too soon, you will see all the flavour on your cutting board. Remove from roasting pan, cover with tinfoil and get your table setting ready. Carve chicken and serve with roasted vegetables. THE CANADIAN PRESS/ ABBEY COOKS ENTERTAIN BY PAMELA FOSTER (PAMELA POWERED INC., 2012)

Ingredients

- Each 3 carrots, 3 parsnips, 3 potatoes, 1 onion
- Extra-virgin olive oil
- 2 garlic cloves
- Fresh herbs: rosemary, sage, thyme, flat-leaf parsley
- 1 whole chicken (1.5 kg/3 lb)
- Kosher salt and pepper
- Dried herbs of your choice (optional)
- 2 lemons (one thinly sliced)

Just the sweet stuff

Charlotte Russe is a French dessert made with ladyfingers and filled with a fruit-flavoured cream filling set with gelatin, a favourite ingredient in Edwardian cookery.

The show-stopper has made the odd cameo appearance on Downton Abbey. In Season 3, Ethel, who formerly worked at Downton Abbey and fell on hard times, is retained as Isobel Crawley's housemaid. When Mrs. Bird, the cook, quit, Ethel had to cook as well. She got some help from Mrs. Patmore to create the simple Russe.

1. Clean and set out 4 to 6 individual charlotte moulds. No moulds? Improvise with large soup cans, both ends removed.

2. In bowl, mix gelatin powder with 30 ml (2 tbsp) of the sugar. In a saucepan, warm 250 ml (1 cup) of strawberry purée with remaining sugar. Mix gelatin-sugar mixture into warm strawberry purée, mixing well to prevent any lumps from forming. Add in remaining strawberry purée and let mix cool.

3. Fold in one-third of whipped cream and then remaining whipped cream and yogurt.

4. Carefully trim ladyfingers into 7.5-cm (3-inch) lengths. Ends can be used in the base. Stand ladyfingers on end with rounded side out and rounded edge up, and carefully line inside of each mould, ensuring there are no gaps. Place scrap pieces inside to create base.

5. Gently pour or spoon filling into moulds. If desired, you could add a layer of chopped sliced berries in the middle and then add more filling to the top.

6. Refrigerate charlotte for at least 3 or 4 hours. Filling will be solid so you should be able to easily, but gently, wiggle the mould away from the charlotte. Garnish with fresh berries and a dollop of non-fat strained yogurt. THE CANADIAN PRESS/ ABBEY COOKS ENTERTAIN BY PAMELA FOSTER (PAMELA POWERED INC., 2012)

Ingredients

- 25 ml (5 tsp) gelatin powder
- 175 ml (3/4 cup) sugar or sugar substitute, divided
- 500 ml (2 cups) strawberry purée (about 300 ml/1 1/4 cups strawberries, mashed), divided
- 375 ml (1 1/2 cups) whipping cream, whipped soft
- 375 ml (1 1/2 cups) non-fat plain yogurt, plus extra for garnish
- Ladyfingers
- 250 to 500 ml (1 to 2 cups) sliced berries

Strawberry Chocolate Russe

This recipe serves four to six. THE CANADIAN PRESS HANDOUT

Seasonal designer deals

Throughout the year sales are almost guaranteed when clearing out old stock and bringing in new items. But knowing exactly when old stock is being discounted is the key to saving money on large ticket items. Everyone knows the best time to buy a winter coat is at the end of winter, and buying a snowmobile in the middle of summer can get you the best deal. But what about those home-related items we all need? Here's a list of some big savings you should expect over the next month or two.

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Chinaware and flatware

Spring is when new tabletop designs are introduced (just in time for June weddings). Older china and flatware patterns go on sale to make room for the new stuff. **Tip:** If you have a great collection already, look for pieces to complete your set on sale. If investing in new tableware, keep the colours neutral so that the look stays current for a long time.

Perfume

The two biggest times for perfume sales is Valentine's Day and Mother's Day, so those in-between months is when perfume companies love to have promotions. **Tip:** Perfume keeps for a very long time. Consider buying as Christmas gifts.

Luggage

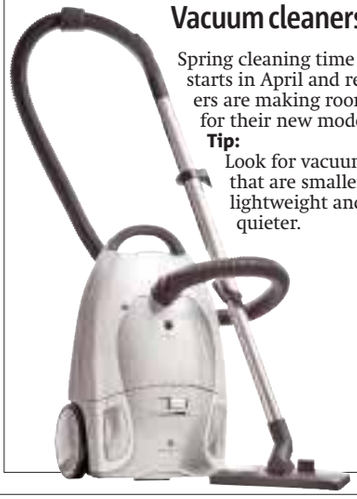
Many travel throughout the summer and just before that time is when new luggage styles are introduced. Look to the early spring for retailers clearing out old styles. **Tip:** The full set deals are the most economical. Shop with a friend and split up the set.

Houses & condos

April is when most homes get listed for sale. That means the best selection and often the best competitive prices you will see. If you wait until the summer months you will find either the less desirable homes that haven't sold yet or a very limited choice on the market. Tip: Don't under estimate the potential of a less expensive place and adding some custom upgrades yourself. You'll then have exactly what you wanted without spending any more money.

Vacuum cleaners

Spring cleaning time starts in April and retailers are making room for their new models. **Tip:** Look for vacuums that are smaller, lightweight and quieter.



Televisions

The biggest time for television sales is the fall and early winter. After Christmas there isn't much promise for selling televisions as we start thinking about spring/summer activities, so retailers are trying to get rid of the 2012/early 2013 models. **Tip:** Buy your television ahead of a family room renovation and keep it boxed until the reno is finished.

Cookware

Not a lot of pot/pan sales happen until fall, when retailers often have great incentives to purchase full sets. **Tip:** Fall is a great time to purchase some as a wedding gift or for a second set for a cottage and buying a full 10-piece boxed set will usually offer up the best value overall.

"Off-season" shopping

1. Do your research. When it comes to technology, things move quickly. Find out what features will be new in 2013 and see if any of them may have been introduced on last year's models.
2. Buy in full sets. Whether it be buying luggage, china, bedding or cookware, purchasing the entire set will generally reap larger savings overall.
3. Keep things neutral. A simpler colour will tend to last a lot longer than last year's trendiest colour.
4. Buy ahead of the game. Purchasing perfume for a friend's future birthday gift, tableware as a wedding gift or a television prior to your renovation will allow you to save money on something you inevitably would be buying anyway.

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$349,900

26093 ARTHUR RD, Napier, ON
Amazing private location, less than 15 min to Strathroy, home is immaculate and shows like new! Nature lovers dream on 3.15 acres, mature trees surround this beautifully landscaped custom built 3 bedroom raised ranch.
Contact Kim Banks Sales Rep. at 519-245-6700.

$149,900

8466 TOWNSEND LN, Arkona, ON
Great value large family home on corner lot with courtyard patio and fenced play area. 2 car garage in quiet village setting.
Contact Brian Linker Sales Rep. at 519-245-6700.

$275,000

115 VICTORIA DR., Melbourne, ON
New Listing!Spacious 1800 sq ft open concept home with a 30x40 attached insulated and heated shop. ***Exclusive Listing***
Contact Mario Garcia Sales Rep. at 519-245-6700.

Stock-up and Save on all your Spring Cleaning essentials!
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Visit these participating retailers this weekend and enjoy savings on all your spring cleaning needs:
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valu-mart
independent
Atlantic superstore
provigo
Real Canadian Superstore
big on fresh, low on price!
SaveEasy
so quick, so good!
FORTINOS
Your Supermarket with a heart!
Tide
Cascade
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febreze
Bounty
Charmin
Ultra Soft
Mr. Clean
M. Net
DISINFECTANT
DÉSINFECTANT

Host Jeremy Sham of the new series Made in Milwaukee. HANDOUT

Creative concepts help add comfort and function to your home

DIY ideas. Bringing in your own artistic flair may be just what your family room needs

Creating a space you want to live in doesn't have to be boring. Get inspired by new series Made in Milwaukee, where Jeremy Sham and his team don't just renovate rooms but create original works of art.

It can be tough to get design inspiration for a family room because they tend to always be messy — full of clutter and people. However, that doesn't have to be the case with these fun ideas:

Organization

Create stations within the room to keep mess and clutter in one spot for easy clean-up, while keeping an area sectioned off for the adults. Add a large television shelving unit to put your movies and collections on display.

You can get creative with your shelving options — such as re-using hardwood flooring for durable shelves, or plexiglass shelving where items will appear as if they're floating.

Walls

Breathe life into your family room with paint. Opt for an ombré wall getting lighter with the colour as the paint gets closer to the ceiling, which creates the illusion of high ceilings.

Painting one wall in the room a bright color or applying a dramatic wall paper design can add an artsy element to the room. Magnetic paint is a kid friendly and fun option. Simply paint over the current wall color and let dry, then stick and unstick to your heart's content.

Another unique idea to consider for your children's entertainment is a chalkboard wall or chalkboard table top. Chalk board paint is easily accessible and has the same application process as regular paint.

Décor

3D wall art is a popular trend with endless options such as stickers, plastic flowers and butterflies, and even dinosaur heads.

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Number sequence turns up in plant world, art world too

Math. What do pine cones and paintings have in common?

Better known by his pen name, Fibonacci, 13th century Italian mathematician Leonardo of Pisa came up with a number sequence that keeps popping up throughout the plant kingdom — and the art world too.

A Fibonacci sequence is simple enough to generate: Starting with the number one, you merely add the previous two numbers in the sequence to generate the next one. So the sequence, early on, is 1, 2, 3, 5, 8, 13, 21 and so on.

A spruce cone with a marked Fibonacci number sequence. A numbers sequence thought up by the 13th century Italian mathematician known as Fibonacci plays out in nature, from pine cones to pineapples.
LEE REICH/THE ASSOCIATED PRESS

Numbers and plants

To see how it works in nature, go outside and find an intact pine cone (or any other cone). Look carefully and you'll notice that the bracts that make up the cone are arranged in a spiral. Actually two spirals, running in opposite directions, with one rising steeply and the other gradually from the cone's base to its tip.

Count the number of spirals in each direction — a job made easier by dabbing the bracts along one line of each spiral with a coloured marker. The number of spirals in either direction is a Fibonacci number. I just counted five parallel spirals going in one direction and eight parallel spirals going in the opposite direction on a Norway spruce cone.

Or you might examine a pineapple. Focus on one of the hexagonal scales near the fruit's midriff and you can pick out three spirals, each aligned to a different pair of opposing sides of the hexagon.

One set rises gradually, another moderately and the third steeply. Count the number of spirals and you'll find eight gradual, 13 moderate and 21 steeply rising ones. Fibonacci numbers again.

Scales and bracts are modified leaves, and the spiral arrangements in pine cones and pineapples reflect the spiral growth habit of stems.

To confirm this, bring in a leafless stem from some tree or shrub and look at its buds, where leaves were attached.

The buds range up the stem in a spiral pattern, which kept each leaf out of the shadow of leaves just above it. The amount of spiralling varies from plant to plant, with new leaves developing in some fraction — such as 2/5, 3/5, 3/8 or 8/13 — of a spiral. Eureka, the numbers in those fractions are Fibonacci numbers!

Numbers and art

I haven't forgotten about the artists. It turns out there are certain proportions we humans generally find pleasing: the rectangular proportions of a painting, for example, or the placement of a focal point in a painting.

In a painting, the golden ratio states that the ratio of the distance of the focal point from the closer side to the farther side of a painting is the same as the ratio of the distance from the farther side to the painting's whole width.

A pleasing ratio, it turns out, is 0.618 ... or, if you want to use the inverse, 1.618. Enter Fibonacci: Divide any Fibonacci number by the Fibonacci number before or after it and you get 0.618 or 1.618, not exactly at first, but closer and closer the higher the Fibonacci number you start with. Try it.

THE ASSOCIATED PRESS

Ontario Real Estate Association board

Understanding the real estate lingo

COSTA POULOPOULOS
Ontario Real Estate Association board

When it comes to real estate, there is no shortage of terminology and let's face it, plenty of room for confusion.

From mortgage types and periods to title searches and conditions, there are countless variables to consider and it can get a little overwhelming, especially for first-time buyers and individuals who haven't been active in the market for an extended period. For both buyers and sellers, the volume of information and options to consider in every real estate transaction can be off-putting, but I always remind my clients that it's important to stay focused on the big picture.

If you have a clear idea of your needs and go in with realistic expectations, the whole buying and selling process can be surprisingly seamless and very rewarding. This is why working with a real estate professional that you trust and have open communication with is so important.

To get you on your way, here's a cheat sheet of some commonly misunderstood real estate terms:

Fixed-rate Mortgage: A set amount is paid each month. The interest payable is predetermined and fixed at the time of taking the loan, and holds for the entire term. Buyers are protected from any increase in prime lending rates in future.

Variable-rate Mortgage: An adjustable interest rate, which can be altered depending on the market situation. These loans may be beneficial if there is a sudden fall in lending rates, but higher interest rates mean greater monthly payments.

Amortization: The number of years it takes to repay the entire amount of the mortgage.

Title/Title Search: Title is the legal evidence of ownership in a property. A Title Search is a detailed examination of the ownership documents to ensure there are no liens or other encumbrances on the property, and no questions regarding the seller's ownership claim.

Conditions: Sometimes called a "Subject-to" Clause. A statement of a condition to be fulfilled before the contract will become firm and binding. Must include a specific deadline for removal.

Multiple Listing Service (MLS): A current and comprehensive listing system for relaying property information. This service offers the widest exposure to properties listed for sale.

REALTORS®: Real estate professionals licensed by the Real Estate Council of Ontario who are members of the various Real Estate Boards and the Ontario and Canadian Real Estate Associations.

Often people get tripped up when it comes to sifting through information surrounding financing options, as well as the nuts and bolts of the real estate transaction. Talk to your Realtor about the best way to get equipped with the information you need to make a buying or selling decision that is right for you and your family.

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Clarke not fretting on Flyers' record

NHL. Blackhawks have long way to go to catch Philadelphia's mark of 35 straight games with point set in 1979-80

Chicago Blackhawks, from left, Duncan Keith, Niklas Hjalmarsson, Dave Bolland and Patrick Kane congratulate goalie Corey Crawford after Tuesday night's win over the Minnesota Wild. JONATHAN DANIEL/GETTY IMAGES

If the Chicago Blackhawks stumble on their way to an NHL record for points in consecutive games, Bobby Clarke won't be popping champagne.

And if they break the mark of Clarke's 1979-80 Flyers, he won't mope.

Unlike some former stars, who hold their records more tightly than he ever gripped his two Stanley Cups, Clarke can appreciate the way Chicago has inched closer to Philadelphia's record. The Blackhawks are up to 24 straight games this season — and 30 overall — as they chase Philadelphia's NHL mark of 35 straight games with a point.

From Clarke's perspective, the new era of great teams should rise to the level of the ones before them.

"All the records should be challenged and beaten by new generations," Clarke said.

The great Flyers captain had one caveat.

"They can't use last year's games, that's foolishness," Clarke said Wednesday. "Can Sidney Crosby go back and take the points he got in the last 10 games and add them to this year and add them to the scoring race? Can the Flyers add their point total from the last 10 games and add them to this year so they can get a playoff spot? It's legitimate if they do it in one season. It's not legitimate if they use two season totals."

Quoted

"These guys are just hitting their prime. For the next five or six years, they're going to be tough to beat."

Philadelphia Flyers legend Bobby Clarke on the 2013 Chicago Blackhawks

The Blackhawks would love to do their part to rip off a 36-game mark in one season without a regulation loss. The Blackhawks are 21-0-3 for 45 points and have won a franchise-best 11 straight games after Wednesday's 3-2 win over Colorado. They would have to suffer an epic collapse to cough up the Presidents' Trophy.

Winning it all, however, is the ultimate goal.

Winning the Stanley Cup with some panache would be even sweeter.

Only those ex-Flyers, who crafted a new era after the Bullies' heyday faded, can appreciate Chicago's streak.

Led by coach Pat Quinn, the Flyers opened the season with a win against the New York Islanders and a loss to the Atlanta Flames. On Oct. 14, 1979, the Flyers topped the Toronto Maple Leafs 4-3. The World Series and NFL conference championship games would be decided before the Flyers lost again — 7-1 to the Minnesota North Stars on Jan. 7, 1980. The record of 28 games set by the 1977-78 Montreal Canadiens was passed with a 5-2 win over the Boston Bruins on Dec. 22, 1979.

THE ASSOCIATED PRESS

Hockey

OUA bans former Knight for career for referee punch

Nipissing University Lakers defenceman Brett Cook has been banned from competition for the rest of his university career by Ontario University Athletics for punching an official.

Brett Cook
OHL IMAGES FILE

The incident occurred in a Feb. 23 game between Nipissing and UQTR. Linesman Nicolas Piche interrupted a fight by wrapping his arms around Cook and steering him toward the Nipissing bench.

When Piche prevented Cook from joining another scrum that had broken out, the defenceman punched Piche in the face and knocked him to the ice.

Cook, 21, is in his first year at Nipissing following five seasons in the OHL with Erie and London.

He helped the Knights win the 2011-12 OHL title.

THE CANADIAN PRESS

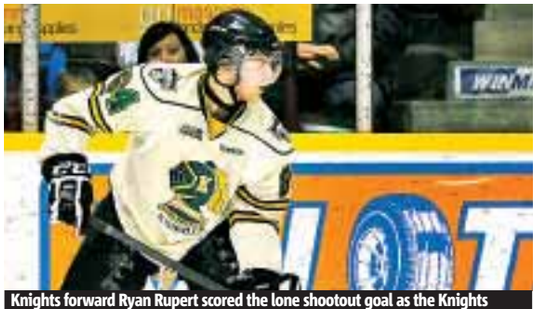
MLB spring training

Hunter homers as Tigers top Jays

Torii Hunter hit his first home run with the Detroit Tigers, Justin Verlander allowed one hit in four innings and the Detroit Tigers beat the Toronto Blue Jays 4-1 on Wednesday.

Brandon Morrow started for Toronto and allowed one unearned run in two innings while striking out three. THE ASSOCIATED PRESS

Knights clinch 1st in OHL in Owen Sound



Knights forward Ryan Rupert scored the lone shootout goal as the Knights clinched first overall in the OHL on Wednesday in Owen Sound. OHL IMAGES FILE

Ryan Rupert scored the only goal in a shootout and Jake Patterson made 28 saves as the London Knights edged the Owen Sound Attack 4-3 on Wednesday in the OHL.

With the Knights' win and the Belleville Bulls' 3-1 Loss to the Ottawa 67's, London clinched first overall in the OHL.

Josh Anderson opened the scoring for London short-handed at 14:03 of the first, but Owen Sound's Daniel Milne tied it before the end of period with an even-strength goal.

Zach Nastasiuk put the Attack ahead a minute into the second with a power-play goal, his 17th of the season.

However, London once again tied the game when winger Bo Horvat scored his 30th of the season at 17:27.

Tied 2-2 in the third, Brayden Rose netted his first of the season to put Owen Sound in position to win, but Remi Elie forced overtime when he scored for the Knights at 15:10.

London improved to 47-12-4.

THE CANADIAN PRESS

On Wednesday

Knights	Attack
4	3

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
Don't worry too much if your thoughts take you in directions you would not want to admit to in public. Think before you turn thoughts into deeds though.

♉ Taurus
April 21 - May 21
Someone you meet today will instantly attract you. It could be the start of a life-long friendship or even a passionate romantic liaison. Either way it's going to be a lot of fun — and that's good.

♊ Gemini
May 22 - June 21
You may be tempted to tell the world your plans but with Mercury, your ruler, still moving retrograde that might not be such a good idea. Only let those you really trust know what you are up to.

♋ Cancer
June 22 - July 23
You will see some strange things today but don't take any of it seriously. Maintain a detached attitude, even though there may be times when you want to bang a few heads together.

♌ Leo
July 24 - Aug. 23
There is no telling what spur-of-the-moment decisions you will make over the next 24 hours, but you will certainly do something out of the ordinary. Try though to look ahead and see what the consequences might be.

♍ Virgo
Aug. 24 - Sept. 23
You could easily impose your will on other people today but is that such a good idea? A little bit of thought should help you see that if you come on too strong you'll lose.

♎ Libra
Sept. 24 - Oct. 23
Do you let your heart rule your head today? It might be a smart idea as with mind planet Mercury still moving retrograde your thoughts may be all over the place. What does your inner voice tell you?

♏ Scorpio
Oct. 24 - Nov. 22
There is no point trying to coerce people whose worldview is completely different to your own. All that does is make them oppose you even more. Accept that you see things differently.

♐ Sagittarius
Nov. 23 - Dec. 21
There is a danger that you will bounce back and forth between two extremes today. It may not bother you much but it could turn important people against you, so think before you act.

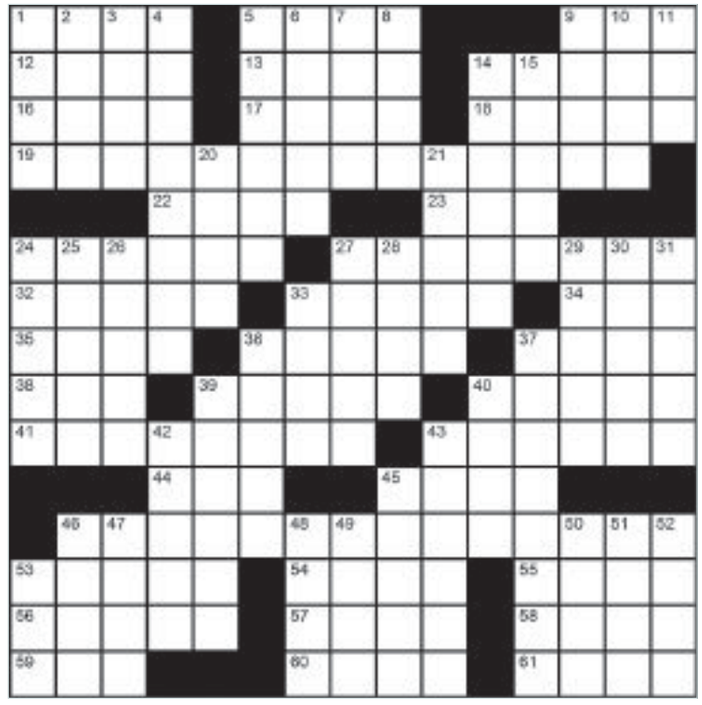
♑ Capricorn
Dec. 22 - Jan. 20
Even if you disagree strongly with what loved ones are up to right now, you are advised to gloss over the fact and stay on good terms. It gives you a bargaining chip for later.

♒ Aquarius
Jan. 21 - Feb. 19
Feelings will be running high today and you may wish you could switch off the world. So why don't you? While everyone else is busy arguing you can sneak off.

♓ Pisces
Feb. 20 - March 20
A relationship may be going through a tough time but don't give up on it. Love planet Venus in your sign links to both Saturn and Pluto today, which means you are nowhere near the end of the road yet. SALLY BROMPTON

Crossword: Canada Across and Down

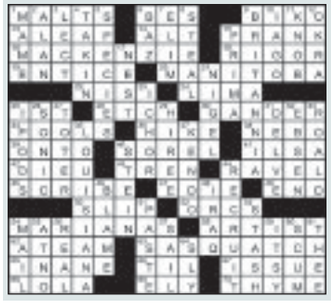
BY KELLY ANN BUCHANAN



Across
1. Eddie Cochran's "__ Everybody"
5. Fuel additives at Indy
9. Gore and Biden, e.g.
12. Two notes to follow Do
13. Road type
14. Town __ (News-giver of yore)
16. __ instant (Quickly): 2 wds.
17. Toward shelter (Sailing term)
18. Moms of cousins
19. "Break It to Them Gently" singer/songwriter: 2 wds.
22. Hosp. readouts
23. Mr. Garfunkel
24. Purple dinosaur
27. Vancouver-born actor Ryan
32. "She's _ __" by Tom Jones
33. Shoe parts
34. Cool, retro-style
35. Intl. alliance created in 1949
36. "You've Got Mail" recipient
37. Ceremonial staff
38. Nice summer?
39. Gwyneth's "Shakespeare in Love" (1998) role
40. Stone worker
41. Sittings
43. Actor Mr. Depardieu
44. 'Mich' add-on (Mr. Douglas)
45. Very: French
46. "The Safety Dance" group: 3 wds.
53. Potato pancake
54. 1994 Pulp album: __ '_' Hers
55. Actress Jessica
56. "Drive __" by The Beatles: 2 wds.
57. Don't give _ __ (Care less)
58. TV producer Norman
59. Refusals
60. Telegram
61. Ms. Flynn Boyle

Down
1. House, hip-style
2. Restaurant dish lister
3. Actor Mr. Epps
4. Big name in video games
5. Like 'groovy' for 'great'
6. Powders
7. Tire: French
8. Appear
9. Actor Mr. Rhames
10. Dogs and cats
11. Lon Chaney and Douglas Fairbanks, e.g., to their sons
14. Terrier dogs from Scotland
15. "__ __ You" by Bryan Adams
20. __-dokey
21. Singer/guitarist John
24. Scourges
25. Having wings
26. Appraises
27. Breadbasket items
28. Zeno of __ (Ancient Greek philosopher)
29. __ Apso (Dog from Tibet)
30. Designer's talent
31. Fork out
33. Shortly
36. Garlic sauce
37. Amanda __ ("Let It Rain" singer from Toronto)
39. TV show fan
40. "__ the Parents" (2000)
42. Coffee brand
43. '90s music genre
45. "__ __, with Love" (1967)
46. Deli dressing
47. And so on, plurally [abbr.]
48. Get out the freeze
49. __-__ (Sound system)
50. Epithet for Athena
51. Skier's up-the-slopes ride
52. Ms. Gilbert
53. K-O link

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	4	8				9	1	
			1		5			
7	2			6			4	5
		5	3		4	6		
4								3
		3	2		7	1		
9	5			7			3	1
			8		2			
	7	4				2	6	

Yesterday's Sudoku

1	8	7	2	3	5	4	6	9
9	2	3	1	4	6	5	8	7
5	6	4	8	7	9	3	1	2
2	7	8	5	1	4	6	9	3
3	9	1	6	8	7	2	4	5
6	4	5	9	2	3	1	7	8
4	5	2	7	6	8	9	3	1
7	3	9	4	5	1	8	2	6
8	1	6	3	9	2	7	5	4

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